

Diaper Changing

Components of a Diapering Area

Diaper-changing areas should

- Not be located in food preparation areas.
- Not be used for temporary placement of food or utensils.
- Be conveniently located, washable, with all surfaces, including walls and floors, made of a nonporous material without cracks or crevices that are difficult to clean and sanitize.
- Have tightly covered, hands-free receptacles within arm's reach to prevent environmental contamination.
- Take into account whether caregivers must provide simultaneous supervision of the other children in the group. If so, the diaper-changing table should be positioned to allow caregivers/teachers to maintain constant sight and sound supervision of children.
- Be designed to prevent contamination of surfaces during, and as a result of, the diaper-changing process.
- Provide at least one diaper-changing table per infant or toddler group to
 - ~ Allow sufficient time for changing diapers.
 - ~ Allow for cleaning and sanitizing between uses.
- Be used only by those children in one group because
 - ~ Disease spreads more easily when caregivers/teachers from different groups use the same diaper-changing surface and sinks for diapering. This means that diaper-changing tables should not be placed between or shared between classrooms because doing so promotes cross-contamination.
- Be organized to maximize the opportunity for one-on-one time between the child and the teacher/caregiver. Skilled teachers plan diaper-changing areas to give the child visual stimulation, but use objects that do not add to the burden of cleaning and sanitation after the diaper change. For example, mirrors on the wall or ceiling, mobiles, and laminated pictures on the walls or ceiling are interesting for children to look at, and they offer an opportunity for the caregiver and child to interact while diapering is done. While this interaction distracts the child during the diapering activity, more importantly, it fosters language and caring relationships. If the child is given something to hold while being diapered, that object must be considered contaminated and taken from the child to be cleaned and sanitized when the soiled diaper is removed from the child's bottom.

Changing Table Requirements

Changing tables should be

- Made of moisture-proof, nonabsorbent, smooth surfaces that do not trap soil and are easily sanitized
- Sturdy
- At a convenient height (between 28" and 32" high) for use by caregivers/teachers
- Be equipped with railings or barriers that extend at least 6" above the change surface
- Be free of restraining straps or any other objects that pose an additional challenge to cleaning and sanitizing after each diaper change

Sinks in Diaper-Changing Areas

- Sinks in diaper-changing areas should be within arm's reach of the caregivers/teachers so hand washing can be done before any other surfaces are touched and contaminated.
- At least one sink should be available for every 2 changing tables.
- Sinks and diaper-changing tables should be assigned to a specific group of children.
- Sinks should not be used for bathing or removing smeared fecal material.
- Drinking utensils and food should not be washed in these sinks.

Diaper-Changing Steps

The procedure for diaper changing is designed to reduce surface contamination that, later, will come in contact with uncontaminated surfaces such as hands, furnishings, and floors. Posting this multistep procedure may help caregivers/teachers routinely follow the correct steps to changing a child's diaper.

Staff who will be involved with food handling should avoid being involved with diaper changing if at all possible until after food handling duties are completed. All staff should follow these diapering procedures.

Step 1: Get organized.

Before bringing child to diaper area, gather the needed supplies.

- Nonabsorbent paper liner, large enough to cover changing surface from the child's shoulders to beyond the child's feet (so that the table surface is protected and

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Diaper Changing, continued

the paper liner can be folded back under the child after removing the soiled diaper and cleaning the child's bottom, if the surface under the child's bottom becomes soiled during cleanup)

- Fresh diaper
- Clean clothes (if needed)
- Wipes for cleaning child's bottom and wiping the caregiver's/teacher's and child's hands between taking off the soiled diaper and putting on the clean diaper
- Plastic bag for soiled clothes
- Disposable gloves (If used, put on before touching soiled clothing or diapers and remove before touching clean diapers and surfaces.)
- Thick application of any diaper cream (when appropriate) removed from the container to a piece of disposable material (eg, a small piece of the table liner paper)

Step 2: Carry the child to changing table, avoiding contact with soiled clothing.

- Always keep a hand on the child.
- If the child's feet cannot be kept out of the diaper or from contact with soiled skin during the changing process, remove the child's shoes and socks so the child does not contaminate them with stool or urine.
- Put any soiled clothes in a plastic bag and securely tie the bag to send the soiled clothes home.

Step 3: Clean the child's diaper area.

- Place the child on the diaper-changing surface and unfasten the diaper, but leave the soiled diaper under the child.
- If safety pins are used, close each pin immediately once it is removed and keep pins out of the child's reach (never hold pins in your mouth).
- Lift the child's legs as needed to use disposable wipes to clean the skin on the child's genitalia and buttocks.
- Remove stool and urine from front to back, and use a fresh wipe each time.
- Put the soiled wipes in the soiled diaper or directly into a plastic-lined, covered, foot-operated receptacle.

Step 4: Remove the soiled diaper without contaminating any surface not already in contact with stool or urine.

- Fold the soiled surface inward.
- Put soiled disposable diapers in a plastic-lined, covered, hands-free receptacle. If reusable cloth diapers are used, put the soiled cloth diaper (without emptying or rinsing) in a plastic bag or into a plastic-lined, covered, foot-operated receptacle to give to parents or the laundry service.
- If gloves were used, remove them and put them into a plastic-lined, covered, hands-free receptacle.
- Whether or not gloves were used, use a disposable wipe to clean the surfaces of the caregiver's/teacher's hands, and another wipe to clean the child's hands, and put the wipes into the plastic-lined, hands-free, covered can.
- Check for spills under the child. If there are any, use the paper that extends under the child's feet to fold the disposable paper over so that a fresh, unsoiled paper surface is now under the child's buttocks.

Step 5: Put on a clean diaper and dress the child.

- Slide a fresh diaper under the child.
- Use tissue to apply any necessary diaper creams, discarding the tissue in a plastic-lined, covered, foot-operated receptacle.
- Observe, note, and plan to report any skin problems such as redness, skin cracks, or bleeding.
- Fasten the diaper (if pins are used, place your hand between the child and diaper when inserting the pin) and put on the child's clothing and shoes, being careful to stand the child only on a clean surface so that the child's shoes do not carry contamination from the diaper-changing table around the room.

This is the end of the soiled portion of the diaper change. Gloves should be off and all soiled articles should be in the hands-free can.

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Diaper Changing, continued

Step 6: Wash the child's hands and return the child to a supervised area.

- Use soap and water (no less than 60°F [15.6°C] and no more than 120°F [48.9°C]) to wash the child's hands.
- If a child is too heavy to hold or cannot stand at the sink, use the following method to wash hands:
 - ~ Wipe the child's hands with a damp paper towel moistened with a drop of liquid soap.
 - ~ Wipe the child's hands with a paper towel wet with clean water.
 - ~ Dry the child's hands with a paper towel.

Step 7: Clean and sanitize the diaper-changing surface.

- Dispose of the paper liner used on the diaper-changing surface in a plastic-lined, covered, hands-free receptacle.
- Clean any visible soil from the changing surface with detergent and water; rinse with water.
- Spray a sanitizing bleach solution onto the entire changing surface (see "Sanitation, Disinfection, and Maintenance" on page 20).
- Leave the bleach sanitizer on the surface for at least 2 minutes. (The surface can be wiped dry or left to air-dry.)

Step 8: Wash your hands and record the diaper change in the child's daily log.

- Wash hands using soap and water, using a paper towel to turn off water faucet.
- In the daily log, record what was in the diaper and any problems (eg, diarrhea, unusual color or odor, blood in the stool, any skin irritation).

The procedure for diaper changing is designed to

- Reduce surface contact that leads to contamination of uncontaminated surfaces.
- Ensure the child's safety by assembling supplies before bringing child to the changing area.
- Reduce possible contamination and spreading of disease by taking supplies directly from their containers and leaving containers in their assigned areas.

Remember,

- Food preparation should not be permitted in the diapering area.
- Gloves are not necessary, but may reduce contamination of hands and infectious agents under the fingernails.
- After diapering, clean visible soil from surfaces followed by application of a sanitizing solution. If a spray solution of bleach (1 tablespoon bleach to 1 quart of water) is used, apply the spray until the surface is wet enough to glisten, and then leave the solution on for 2 minutes before wiping or allow the surface to air dry (see "Sanitation, Disinfection, and Maintenance" on page 20). If there is no visible soil, there is no need to clean with detergent first. The 2-minute waiting time for the bleach solution to work can be used conveniently to wash the caregiver's hands, record the diaper change, and gather supplies for the next child's diaper change. By the time these tasks are completed, if another child must use the diaper-changing table, and 2 minutes have elapsed with the table still wet from the bleach solution, the table can be wiped dry with a paper towel.

